

Beef and Tomato Skillet

Makes: 6 Servings

This recipe uses bottled tomato juice. Tomato juice flavors this meal made in a skillet.

Ingredients

- 1/2 pound** egg noodles (uncooked)
- 1 pound** lean ground beef (can also use ground turkey)
- 1** onion (chopped)
- 1** green pepper (chopped)
- 3/4 cup** cheddar cheese reduced fat (shredded)
- 1 1/2 cups** tomato juice
- 2 cups** corn (frozen, thawed, can also use canned corn)

Directions

1. Cook egg noodles according to package directions. Drain well.
2. In a medium skillet, cook beef until no longer pink and cooked through.
3. Add onions and peppers and cook until soft, about 5 minutes.
4. Stir in tomato juice, corn, and cooked noodles, and cook until heated through.
5. Sprinkle with cheese and cook until cheese is melted.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	430	
Total Fat	15 g	
Protein	31 g	
Carbohydrates	44 g	
Dietary Fiber	3 g	
Saturated Fat	7 g	
Sodium	430 mg	